



_____ 'S
Garden Journal

Garden Journal: Week 1

Write a plant need beside each letter below:

P
L
A
N
T
S



Your teacher has given you a seed. What might it grow into if you plant it and give it everything it needs? Maybe it will grow into a tree, a flower, or some tasty new veggie that you've never even seen before.

1. Draw a picture of what you think this seed might become one day:
2. Write 2 sentences to describe what you think the plant would look like when it's grown. (Include at least 3 describing words in these sentences.)
3. Write one more sentence to tell how this grown plant might be useful to you.



TASTING 1: Carrots

You've learned that eating something is not just tasting—it's using all 5 of your senses! Today you will give a report card to a carrot. Give it a separate grade for each sense—sight, smell, feel, sound, and taste.

Sight A B C D F

Smell A B C D F

Feel A B C D F

Sound A B C D F

Taste A B C D F

Garden Journal: Week 2

The bear in the story was lazy. All he wanted to do was lounge around and sleep. But by the end of the story, the bear's laziness had cost him a lot, and he had learned to go outside and spend time in his garden.

Digging, planting, and pulling weeds are all actions you take to care for your plants. They are also good exercise for your body.

What do you like to do that helps you stay fit? Write 5 ideas and tell how each helps you stay healthy.

- 1.
- 2.
- 3.
- 4.
- 5.



Next, draw 3 stars next to the activities that make your heart beat faster and make you take deeper breaths.



Now, draw 1 water drop beside any activity that makes you thirsty.

What you put in your body is a big part of what makes you feel healthy and grow strong. Just as plants need water to live and grow, your body also needs water.

Sometimes it's OK to have sweet drinks, but most of the time, try to choose drinks that make you feel healthy and grow strong.



TASTING 2:

(If you are doing a tasting today, write the name of the veggie that you are grading.)

Sight A B C D F

Smell A B C D F

Feel A B C D F

Sound A B C D F

Taste A B C D F